

## **MASON SCHOOL DISTRICT**

### **Policy JLCK: Physical and Emotional Well-Being of Students**

#### ***Category: Priority/Required***

The Board is committed to helping to ensure that all students within the district are supported in their physical and emotional well-being, recognizing that these are essential to academic success and personal development. In order to further the above, along with the complementary objectives of fostering a safe and supportive environment for its students, the Board endorses the following measures:

#### **1. Physical Health Support**

- a. Ensure access to nutritious meals and clean drinking water.
- b. Provide regular physical education and opportunities for physical activity.
- c. Maintain clean, safe, and accessible school facilities.
- d. Offer health screenings and referrals to medical services as available.

#### **2. Emotional and Mental Health Support**

- a. Implement age-appropriate social-emotional learning programs.
- b. Provide regular training for staff on mental health awareness and trauma-informed practices.
- c. Employ qualified school counselors, psychologists, and social workers.

#### **3. Prevention and Intervention**

- a. Establish procedures for identifying and supporting students in crisis.
- b. Promote anti-bullying initiatives and conflict resolution programs.
- c. Explore ways to collaborate with families and community organizations to extend support beyond school.

Parents/guardians are encouraged to discuss any special physical or emotional concerns they have about their student with the student's teacher, school counselor or school nurse as applicable.

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#### **District Policy History:**

*First reading: August 2012*

*Second reading/adopted: Septemeber 2012*

***District revision history:***

May 2012

April 2017

September 17, 2018

August 18, 2025

**NH Statutes**

RSA 189:11

**Description**

[School Boards, Transportation and Instruction of Pupils](#)

**NH Dept of Ed Regulation**

N.H. Code Admin. Rules Ed 306.04(b)(15)

**Description**

[Behavior Management and Intervention for Students](#)

N.H. Code Admin. Rules Ed 306.04(b)(23)

[Meeting the Special Physical Health Needs of Students](#)

**Cross References**

**Code**

IMAH

**Description**

[Daily Physical Activity](#)

JLCF

[Wellness](#)

JLDBA

[Behavior Management & Intervention](#)